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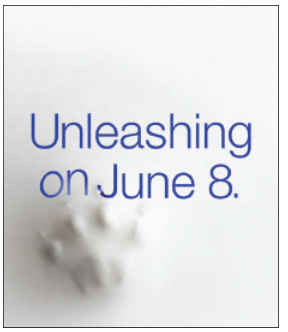

Victoria man in attacked convoy

GAZA Friends of a Victoria man who was aboard a convoy of ships stormed by Israeli soldiers off the Gaza coast say he's a "teddy bear" whose activist work was driven by a near-death experience.

And they're worried about what happened to Kevin Neish, a retired marine engineer, after the violent confrontation between activists and the Israeli military that left at least 10 dead.

Kevin Neish

Neish, 53, joined pro-Palestinian activists aboard the ship Challenger II, one of six vessels on a mission to carry humanitarian relief to the blockaded Gaza Strip.

Foreign Affairs said no Canadians were believed to be injured in yesterday morning's raid, but that provided little comfort to those closest to Neish.

Protest

- In Vancouver, about 100 people protested the raid in a rally that forced police to reroute traffic at a downtown intersection.

His friend Zoe Blunt said Neish, a member of the Free Gaza Movement, became an activist after he was shot by a neighbour in a random, unprovoked attack but she declined to provide further details, calling it a personal matter.

"He's had some transformative experiences," she said. "He's witnessed a great deal of brutality against innocent civilians in his life, here at home and abroad. THE CANADIAN PRESS

MORE COVERAGE, PAGE 4 & 8

KRISTEN THOMPSON/METRO VANCOUVER

Sandra Martins-Toner, right, hugs a supporter as her husband, David Toner, looks on outside B.C. Supreme Court in New Westminster yesterday. The couple had just learned the woman accused of taking part in the murder of their teenage son was found not guilty.

Not guilty verdict stuns victim's family

Judge finds woman innocent of beating death in second trial

KRISTEN THOMPSON
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Katherine Quinn, a mother of three, was found not guilty in New Westminster Court yesterday for her role in the beating death of Vancouver teenager Matthew Martins five years ago.

Members of the gallery let out a collective gasp when Justice Wendy Baker read her verdict, with Quinn's supporters shouting in happiness and Martins' family shouting in disbelief.

Baker spent more than two hours reading her reasons before delivering her verdict in a courtroom that was so packed a second room had to be opened for overflow.

"The court ... (expresses) sympathy to the family," Baker said. "Justice has prevailed. (Quinn) has been tried and has been found not guilty. That is justice."

Quinn cried and hugged her father while Martins' family filed out of the room, muttering that justice had "not been done" while Baker was still explaining her reasons.

"Justice has failed my child and will fail many other children," Sandra Martins-Toner, Martins' mother, cried outside court.

Martins' brother, Braydan, 13, cried and whispered that he "just wanted justice."

"I don't know what else to say," he said.

It was Quinn's second trial in the death of Martins, 16, who was beaten to death outside Surrey Sky-Train station by Quinn's boyfriend, Robert Forslund.

The couple was convicted of second-degree murder, but Quinn appealed the decision and was granted a new trial.

The Crown alleged Quinn was culpable because witnesses claimed she gave Forslund the order to kill.

But Baker said the witnesses were unreliable in their memory of the alleged kill order for various reasons, including intoxication and other mistakes in their testimony.

Chevron vows to stop Burrard Inlet seepage

ENVIRONMENT Chevron Canada officials are vowing to stop what they say is, at most, a seven-tablespoon-a-day oil leak into waters near Vancouver that has the Opposition New Democrats drawing comparisons to the massive oil spill in the Gulf of Mexico.

Chevron spokesman Ray Lord says the company's environmental officials are measuring between 50 millilitres and 100 millilitres of an oil-like substance seeping into the Burrard Inlet from a refinery in Burnaby.

He says soaker pads and absorbent booms are being used to contain the daily seepage in a five-metre area of the nearby beach. THE CANADIAN PRESS

Food pg 13

No-bake cake beats the heat

Celebrity Buzz pg 18

Lady Gaga sweeps for ghosts

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Local

UBC running summer CampOUT!

UBC has announced it's running a new camp for gay, lesbian, bisexual, transgender and questioning youth from across the province this summer. The Access and Diversity Office is launching CampOUT! from Aug. 5 to 8 to foster social, spiritual, educational, health and leadership skills in a welcoming space.

METRO VANCOUVER

C-section rates attributed to differing care

Regional variations not due to mothers' requests: Study

KYLE FARQUHARSON
for Metro Vancouver

The reason C-sections are more common in some B.C. regions is likely related to inconsistent medical service, not requests from mothers, according to a new University of B.C. study.

Researchers examined all deliveries in B.C. between 2004 and 2007 in the province's 16 health regions. They found that Southern Vancouver Island had the highest rate of C-sections at 27.5 per cent of births. Kootenay Boundary had the lowest at 16.1 per cent.

The study appears in the June 2010 issue of the journal obstetrics and gynecology.

"(The report) suggests that there's room for improving the C-section rate by clarifying guidelines," said lead author Gillian Hanley.

She said she believes that health-care professionals are interpreting and responding differently to similar medical conditions when determining the necessity of a C-section.

Hanley emphasized that according to the data, maternal request is not the main reason for high C-section rates in the province (two per cent).

On the other hand, dystocia — or abnormal or difficult childbirth — accounts for 30 per cent of decisions to perform a C-section.

She added that variations at medical institutions, including funding and the availability of facilities and equipment, as well as socioeconomic differences among patients are potentially important factors that the study did not explore.

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KYLE FARQUHARSON/FOR METRO VANCOUVER

Vince Piccolo with a bag of rare Ethiopian coffee at 49th Parallel Coffee Roasters in Kitsilano yesterday.

Rare roast to benefit Ethiopian youth

KYLE FARQUHARSON
for Metro Vancouver

COFFEE Vancouver's 49th Parallel Coffee Roasters unveiled one of Ethiopia's rarest — and most expensive — coffees yesterday.

Twelve-ounce bags of Sidamo Nekisse Micro Selection beans will go on sale today for $30.

Vince Piccolo, 49th Parallel's founder, has partnered with Shannon and Chip Wilson, the founders of Lululemon and the nonprofit imagine1day foundation, in the fundraising campaign. All proceeds from the fair-trade coffee's sales will go toward Ethiopian schoolchildren.

"We take what God gives us in terms of this bean," said Piccolo, who described the coffee's flavour as a blend of bitter and sweet, with accents of berry and chocolate. The beans come from an extremely rare crop, grown at high elevation and in volcanic soil in the Sidamo region.

At yesterday's special tasting session at Piccolo's Kitsilano café, the coffee was brewed using the siphon method, which is distinct from the more common French press. The apparatus involved includes a flask, a beaker and two hot plates.

"(The siphon method) really allows us to highlight the nuances of the coffee, and gives it a clean acidity," said Piccolo.

In Canada, 49th Parallel is the exclusive supplier of the Sidamo Nekisse bean.

News in brief

DELAY The legislature raid trial in Vancouver has been delayed again. Judge Anne MacKenzie has excused the jury until tomorrow morning, telling them matters have arisen that she and counsel need to discuss.

COURTESY CAR RCMP in Chilliwack say the courtesy car that was driven by a missing man has been found burned on a gravel trail near Belrose Drive and Old Yale Road. Michael Coutinho disappeared on May 8 and hasn't been seen since.

MISSING Vancouver police are asking for public help finding a "distraught" missing woman. Sukching Hui, 26, who goes by Selena, left her home on Knight Street at about 1:30 p.m. on May 28. It's believed she was last seen at Oakridge Mall later that evening.

ARRESTS Nanaimo RCMP have arrested two boys, aged 12 and 14, for allegedly assaulting another youth and stealing his BMX bike at knifepoint. The suspects were on pre-existing conditions and taken into custody.

METRO NEWS SERVICES

Task force suggests 4-year terms for city hall

POLITICS British Columbians could soon be sending their mayors and councillors to city hall for four years instead of three, if a task force into municipal political reforms gets its way.

Among 31 recommendations in a report released yesterday by a joint government and Union of B.C. Municipalities task force is to extend local government terms to four years, from the current three.

Community and Rural Development Minister Bill Bennett said the recommendations require approval from the B.C. Liberal cabinet and caucus members.

If that approval is given, the term changes could be in effect for the fall 2011 municipal elections across the province, he said.

Vote

- The task force also recommended against a suggestion to give businesses a separate vote in municipal elections.

Opposition New Democrat community critic Scott Fraser, a former mayor of Tofino, on Vancouver Island, welcomed extended municipal terms. But he was upset the task force didn't move to place limits on political donations in municipal politics.

THE CANADIAN PRESS

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VANOC to pass on Olympic dos and don'ts to Sochi
Vancouver Olympic officials are travelling to Sochi, the host city of the 2014 Winter Games, for a formal debrief on February's Games. The new hosts are interested in learning about the hits and misses experienced by VANOC. METRO NEWS SERVICES

Auto insurance rates may drop in B.C. this year

INSURANCE Driving could get a little cheaper later on this year. ICBC has applied to reduce basic auto insurance rates by 1.9 per cent effective Nov. 1.

The Crown corporation said that a lower number of claims was a factor in the decision to yesterday apply to the British Columbia Utilities Commission (BCUC) for the rate reduction.

No change
- Basic insurance rates have not changed for the last two years.

BCUC is responsible for regulating basic insurance rates in B.C. and must approve the request before it's implemented.

"Rate changes are mainly driven by claims costs, and fewer crashes help us keep our rates low and stable," said ICBC's president and CEO Jon Schubert.

While the number of claims has gone down, the cost of the average claim has gone up, particularly bodily injury claims, ICBC said. METRO VANCOUVER

News in brief

TRIAL A 33-year-old Kamloops man who pleaded guilty to trying to buy sex with a girl as young as three won't serve any additional time in jail. A judge has ruled the 19 months Bryan Fehr served awaiting trial will count as his entire sentence, although Fehr was also placed on two years' probation.

THEFT Two Delta men are unhurt after being held up by four teenagers with pepper spray and a steel pipe. The victims were walking down the road when a car drove alongside them and the occupants demanded money and property. Four suspects were arrested nearby. METRO NEWS SERVICES

Trial begins in girl's death

Aunt takes the stand to describe crash that killed four-year-old

JEFF HODSON
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The last thing Daphne Johanson remembers of the 2008 crash that killed her young niece was terrible screeching and spraying dirt as a car hurtled sideways down the road toward them.

Johanson was a witness yesterday at the start of the drunk-driving trial for a crash that killed four-year-old Alexa Renée Middelaer in Ladner as the toddler fed her favourite horse through a fence.

Carol Berner, 57, has pleaded not guilty to four charges, including impaired driving causing death. Her trial is expected to last four weeks.

The Crown's theory is that Berner consumed three glasses of wine before climbing into her red Oldsmobile Intrigue and speeding down 64th Avenue. She hit speed bumps, lost control and crashed into a parked silver-coloured Honda Civic, coming to a stop against a utility pole.

Alexa died the next day of her injuries. Her grandparents, who were still in the Civic, were also injured.

Middelaer's parents, Michael and Laurel, wore purple in court because it was their daughter's favourite colour.

Johanson said the tragic events of May 17, 2008 began when she parked her car on the gravel shoulder along 64th Avenue so Alexa could introduce her visiting grandparents to a horse she liked.

JEFF HODSON/METRO VANCOUVER

Carol Berner, centre, is escorted from provincial court in Surrey yesterday at the start of her impaired driving trial for the 2008 death of four-year-old Alexa Middelaer.

"I saw all this dirt flying and that's all I remember."
Daphne Johanson

"I turned my head and saw in the distance a car coming sideways down the road ... I saw all this dirt flying and that's all I remember."

Johanson, who was also hit, spent 13 hours in surgery and a month in hospital.

Alexa's family launch fight against drunk driving in wake of death

JEFF HODSON
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AWARENESS Laurel Middelaer wears a purple rubber bracelet around her left wrist in memory of her four-year-old daughter Alexa.

It reads: Tenacious, Spirit and Love.

Each quality, Middelaer said, is indicative of her daughter's character.

The words, however, may also characterize the crusade Alexa's family has embarked on since their toddler's tragic death more than two years ago.

The Middelaers have founded the Alexa Middelaer Memorial Fund to reduce impaired-driving related injuries and deaths. They created Alexa's Team to honour police officers who forward 10 impaired driving charges to Crown in one year.

In April, B.C.'s solicitor general announced the province would adopt the toughest drunk-driving laws in Canada in Alexa's memory to reduce alcohol-related fatalities 35 per cent by 2013.

The Middelaers' latest initiative, launched two weeks ago, is called Alexa's Bus.

Outside provincial court in Surrey yesterday, Middelaer, said they hope to raise $250,000 to purchase a mobile alcohol-testing unit.

The province, she said, has agreed to fund its operation. She hopes to have one bus — painted purple, Alexa's favourite colour — up and running by the end of summer.

Plane pulled from water in crash investigation

DEATHS Salvage crews have raised a float plane from the depths of the ocean off Vancouver Island in an effort to find out what caused it to crash on the weekend, killing four people.

The Cessna 185 was lifted onto a barge in several pieces yesterday and then brought to Tofino, where investigators from the federal Transportation Safety Board can have a look.

Three young adults from the B.C. First Nations community of Ahousat and the Tofino-based pilot were killed when the plane plunged into the sea Saturday. THE CANADIAN PRESS

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Authorities identify man on no-fly list
Authorities have identified the man on a no-fly list who prompted them to divert a flight to Montreal. The Immigration and Refugee Board says a deportation hearing will be held Wednesday for Abdirahman Ali Gaal. THE CANADIAN PRESS

Canada

Salty report set for July

Health Canada is set to release its long-awaited strategy to reduce sodium in Canadian diets in July. The report from the Sodium Working Group, convened in Oct. 2007, will recommend structured voluntary guidelines for industry to reduce the amount of salt they put in processed foods. The goal is to reduce the average Canadian's consumption of salt from the current 3400 mg a day to 2300 mg a day by 2016.
TORSTAR NEWS SERVICE

Mulroney's dealings 'inappropriate': Finding

INQUIRY A damning report by a public inquiry into the dodgy dealings between Brian Mulroney and Karlheinz Schreiber concludes their financial relationship was "inappropriate."

The inquiry, led by Justice Jeffrey Oliphant, also says the former prime minister's failure to disclose his dealings with the shady German-Canadian businessman was inappropriate.

And, Oliphant says, it's clear Mulroney did his best to hide the fact that a relationship existed at all. He accepted payments in cash. He drafted no formal agreement. He issued no invoices and he squirrelled the money away for years.

Yesterday's report finds that Mulroney did reach an agreement and accepted cash while he was a sitting MP.

THE CANADIAN PRESS

News in brief

FIRES An acrid haze crept across central Canada and deep into the United States yesterday as smoke from Quebec forest fires made journeyed 1,000 kilometres from the flames. Nearly 50 forest fires burned across Quebec yesterday, including seven that were out of control.

SMOKING The Canadian Cancer Society says new teen smoking statistics show efforts to keep kids from smoking have stalled. The survey done for Health Canada shows the rate of kids in Grades 6 to 9 who smoke has inched up a little.

THE CANADIAN PRESS

Halifax **Star-spangled tribute**

ANDREW VAUGHAN/THE CANADIAN PRESS

Chief Petty Officer Douglas Beauregard pays his respects to the nearly 200 American prisoners of the War of 1812 who died on Melville Island and are buried on nearby Deadman's Island in Halifax, during a Memorial Day ceremony yesterday.

Feds refuse to slam raid

Israeli PM cuts visit to Canada short

The Canadian government refused to join an international chorus of condemnation of a botched Israeli raid on a humanitarian aid flotilla outside territorial waters that left at least nine dead and many more injured.

Israeli Prime Minister Benjamin Netanyahu met Prime Minister Stephen Harper in Ottawa early yesterday before cutting short his two-day visit.

"Canada deeply regrets this action, the loss of life and the injuries that have occurred," Harper said. "Obviously we'll be looking in the days that follow to get all the information we can get to find out what has transpired here."

THE CANADIAN PRESS
MORE COVERAGE, PAGE 5

Canada tells G20 finance ministers to back off on bank tax talk.

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Police release video of joyride
Calgary police are hoping video surveillance will help them nab two men who took a city transit bus for a destructive joyride. Police say the bus driver left the vehicle running when he stopped to use a bathroom early Sunday. Two people hopped on board and smashed it into at least a couple of parked cars before abandoning it. THE CANADIAN PRESS

Gretzky's dad out to smash record with road hockey tournament

GUINNESS Wayne Gretzky's father says he'd like to smash a world record in street hockey.

The Great One's dad, Walter Gretzky, says 205 teams have signed up to play in his annual street hockey tournament next weekend in Brantford, Ont.

Organizers say that tops the Guinness World Record of 195 teams.

The elder Gretzky was promoting the tournament at the Ontario legislature, where he dropped the ball in a faceoff between Speaker Steve Peters and Liberal Dave Levac.

Gretzky says street hockey is a great sport because you don't have to be a millionaire to play — all children can take part in it.

Gretzky says he lent his support to the tournament — now in its fourth year — because sports gave his family everything it has.

THE CANADIAN PRESS

Grits want their money returned

Thirteen years ago, the federal Liberal government handed over $2 million and an apology to former prime minister Brian Mulroney for damage done to his reputation.

Now, in the wake of a damning report on the cloudy business dealings of Mulroney and the now-imprisoned German lobbyist Karlheinz Schreiber, Liberals want their money back. Or, more correctly, they think Canadians should get their money back.

"Mr. Mulroney received a $2.1-million settlement from Canadians after he claimed, under oath, that he had no business relationship with Karlheinz Schreiber. Justice Oliphant called Mr. Mulroney's excuses 'patently absurd,'" Liberal MP Siobhan Cody said in the Commons yesterday.

"Will the government immediately launch legal proceedings to recover the $2.1 million and launch a broader inquiry to finally get to the bottom of the Airbus affair?"

"Will the government immediately launch legal proceedings to recover the $2.1 million and launch a broader inquiry to finally get to the bottom of the Airbus affair?"
Liberal MP Siobhan Cody

It seems certain now that when Conservatives ask the Liberals to pay back the lost money of the old sponsorship scandal — which they do often — the Liberals will have their own counterpunch on the issue of refund requests.

So Oliphant's report is not just about Mulroney's legacy, but about the legacy of former prime minister Jean Chrétien, former justice minister Allan Rock and all of those whose reputations got scorched during what was then called the "Airbus affair."

Just last week, in fact, Chrétien was on Parliament Hill, having his official portrait unveiled and talking about the nobility of public life; the fact that there were only a few "bad apples" he'd met in politics. That was a good day for Chrétien — yesterday was a good day for him as well, in legacy terms.

What Oliphant made clear was that if the Liberals had known back in the mid-1990s what is now known today, it's doubtful that Mulroney could have mounted the aggressive — and apparently less than truthful — campaign of self-defence that led to the settlement, apology and payout in January, 1997.

TORSTAR NEWS SERVICE

RONALD ZAK/THE CANADIAN PRESS

A urinal shaped like the mouth of a woman is seen at a public toilet near Vienna's national opera. A urinal like this one has been removed from the men's room of a Hamilton, Ont., eatery following a nearly year-long protest.

Urinal flushed out of eatery

HAMILTON A urinal shaped like a woman's wide-open mouth has been flushed out of the men's room of a Hamilton eatery following a nearly year-long public outcry.

The glossy, red-lipped loo at The Honest Lawyer restaurant sparked a letter writing campaign that attracted almost 1,100 people, including Ontario's NDP leader and Hamilton's mayor.

Some people argued the "Kisses! urinal" — manufactured by Bathroom Mania! in the Netherlands — was art or just a joke.

The Woman Abuse Working Group, a coalition of 24 organizations, disagreed and led efforts to oust what it considered to be an offensive water closet.

THE CANADIAN PRESS

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Comment

Mulroney hit hard, but not KO'd

Brian Mulroney's reputation took a further blow yesterday with the release of the Oliphant Commission report. He was hoping for a slap on the wrist. Instead he got a whack across the jaw. But there was no knockout.

Everyone already knew the former prime minister had acted inappropriately in accepting cash payments from wheeler-dealer Karlheinz Schreiber. Mulroney has already admitted this and conceded it was a serious error of judgment.

But what we wanted to know and what we didn't find out is why the secret payments were made. Until that mystery is solved — and it likely never will be — this case is unsolved. The extent of Mulroney's transgression, his degree of culpability, cannot be answered.

Mulroney had testified that he took the cash to lobby international leaders for the sale of light-armoured vehicles on behalf of Schreiber's clients. But the Oliphant report drove holes through that theory as it did some of the other Mulroney testimony on the case.

One of the most devastating parts of the report concerned Mulroney's statements regarding his relationship with Schreiber in 1996 legal proceedings on a related controversy. Justice Jeffrey Oliphant cast doubt on the integrity of the testimony, and added that Mulroney's later attempts to justify what he said were "patently absurd."

Justice Oliphant's findings on that testimony could be interpreted as an allegation of perjury. The report also found that Mulroney had violated his own government's code of ethics in his business dealings with Schreiber.

What now? Yesterday's report will likely be the end of it. No major new revelations on the story are likely to be found. Journalists have been tracking it for two decades. The RCMP investigated the related Airbus matter for several years. And this commission took its turn and the questions remain.

One of the strange things was that Mulroney himself encouraged Stephen Harper to call this probe. That's something a guilty man would not readily have done. He likely felt that, as was the case with the Airbus inquiry, he would be vindicated.

Yesterday's report was by no means vindication. But after a few days of bad headlines, Mulroney will be able to finally move on. He may in fact be guilty of worse transgressions than have been revealed. But to a certain extent, justice has been done.

It's about reputation. Mulroney cares about reputation as much as anyone else, even more so. For years, his reputation has suffered on account of his Schreiber dealings, serving to diminish his accomplishments as prime minister. This shadow on his legacy is warranted. But the shadow is not the substance.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Worth mentioning

UN, groups pressure nations on climate cash

A new round of climate negotiations kicked off in Germany yesterday with squabbling over money and procedural questions that could threaten progress at the two-week UN conference.

UN climate chief Yvo de Boer and activists from groups including Oxfam, Greenpeace, and WWF pressured industrial nations to live up to their promises of financial aid to poor countries as about 4,500 participants from 182 countries gathered in Bonn.

Concrete financial contributions must "show that developed countries are ready to deliver what they promised five months ago in Copenhagen," de Boer told reporters, referring to the disappointing climate summit in the Danish capital in December.

Industrial nations at Copenhagen pledged $30 billion in aid from 2010-12 to help poorer nations start environmentally friendly development programs and adapt to the worst consequences of climate change.

However, de Boer and non-governmental organizations say developing nations remain skeptical if the money will come through and if it is additional or simply relabelled funds already pledged for other purposes.

"The finance part has not been solved," Greenpeace expert Wendel Trio told The Associated Press.

Oxfam said it is becoming clear that rich nations want to hand out much of the money as loans instead of grants, thereby saddling developing nations with new debts for a problem largely caused by industrial countries.

"It's like crashing your neighbour's car and then offering a loan to cover the damages," Oxfam's Antonio Hill said in a statement.

The European Union tried to dispel such doubts, stressing that the $3 billion US per year it promised in Copenhagen have been confirmed by finance ministers, and about 70 per cent will be handed out as grants.

"This is fresh money in any case — we are not recycling money," Spanish climate change official Alicia Montalvo said on behalf of the EU presidency.

THE ASSOCIATED PRESS

MICHAEL DE ADDER

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Fergie tells Oprah Winfrey she was drinking
Sarah Ferguson says she had been drinking and was "not in my right place" when she was caught on video offering access to her former husband, Prince Andrew. THE ASSOCIATED PRESS

World

Israel takes heat over flotilla raid

Israeli naval commandos stormed a flotilla of ships carrying aid and hundreds of pro-Palestinian activists to the blockaded Gaza Strip yesterday, killing nine passengers in a botched raid that provoked international outrage and a diplomatic crisis.

AMR NABIL/THE ASSOCIATED PRESS

An Egyptian protester shouts anti-Israeli slogans in front of a Palestinian flag during a rally in Cairo yesterday.

Dozens of activists and six Israeli soldiers were wounded in the bloody predawn confrontation in international waters. The violent takeover dealt yet another blow to Israel's international image, already tarnished by war crimes accusations in Gaza and its three-year-old blockade of the impoverished Palestinian territory.

Prime Minister Benjamin Netanhayu cancelled a much-anticipated meeting with U.S. President Barack Obama in Washington today in a sign of just how gravely Israel viewed the uproar. In Ottawa, Netanyahu announced he was rushing home but said he had called the American president and agreed to meet again.

The activists were headed to Gaza to draw attention to the blockade, which Israel and Egypt imposed after the militant Hamas group seized the territory of 1.5 million Palestinians in 2007.

There were conflicting accounts of what happened early yesterday, with activists claiming the Israelis opened fire without provocation and Israel insisting its forces fired in self defence.

Speaking alongside Prime Minister Stephen Harper, Netanyahu expressed "regret" for the loss of life but said the soldiers had no choice. "Our soldiers had to defend themselves, defend their lives, or they would have been killed," he said.

Israel said it opened fire after its commandos were attacked by knives, clubs and live fire from two pistols wrested from soldiers after they rappelled from a helicopter at about 4 a.m. to board one of the vessels.

Night-vision footage released by the military showed soldiers dropping from a helicopter one by one and being grabbed by a mob of men wielding sticks on the lead boat, the Turkish-flagged Mavi Marmara. The soldiers succumbed to the assailants and fell to the deck, where the men continued to beat them and dump one of them from the top deck.

Turkey withdrew its ambassador to Israel yesterday and the UN Security Council held an emergency meeting, with the Palestinians and Arab nations demanding condemnation and an independent investigation. THE ASSOCIATED PRESS

More than 140 killed by storm

CENTRAL AMERICA Flooding and landslides from the season's first tropical storm have killed at least 145 people and left thousands homeless in Guatemala, El Salvador and Honduras, officials said yesterday.

Dozens of people are still missing and emergency crews are struggling to reach isolated communities cut off by washed-out roads and collapsed bridges caused by Tropical Storm Agatha. The sun emerged yesterday in hardest-hit Guatemala, where officials reported 118 dead and 53 missing. In Chimaltenango — a province west of Guatemala City — landslides buried dozens of rural Indian communities and killed at least 60 people, Gov. Erick de Leon said.

"The department has collapsed," de Leon said. "There are a lot of dead people. The roads are blocked. The shelters are overflowing. We need water, food, clothes, blankets — but above all, money."

THE ASSOCIATED PRESS

Afghanistan cracks down on Christian aid groups for allegedly converting Muslims.
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News in brief

OIL Independent scientists and government officials say there's a disaster we can't see in the Gulf of Mexico. Researchers said they have found at least two underwater plumes of what appears to be oil, a threat that could ripple across the food chain. THE ASSOCIATED PRESS

Mexican prosecutors issue arrest warrant for TV producer
Mexican prosecutors are seeking the arrest of former Survivor producer Bruce Beresford-Redman, suspected in the death of his wife. THE ASSOCIATED PRESS

Putting a face on illegal immigration

Seven-year-old Daisy Cuevas, thrilled to see herself on television with U.S. First Lady Michelle Obama, didn't quite understand the predicament in which she had innocently placed her undocumented Peruvian parents.

"She laughed, she jumped up and down. She was excited" after the encounter at Daisy's suburban Washington, D.C., elementary school, the girl's maternal grandfather, Genaro Juica, told The Associated Press.

The TV appearance made the pigtailed second grader a voice of the estimated 12 million immigrants living in the United States illegally — and a source of pride for Peru's president, who visits Washington today.

"My mom says that Barack Obama is taking away everybody that doesn't have papers," Daisy told the U.S. first lady on May 19 at the New Hampshire Estates Elementary School in Silver Spring, Maryland.

Daisy Cuevas

"Well, that's something that we have to work on, right, to make sure that people can be here with the right kind of papers," Michelle Obama replied.

"But my mom doesn't have papers," said Daisy, a U.S. citizen by virtue of her birth.

The colour immediately drained from her mother's face. She ran crying to call her parents in Lima, then went into hiding, fearful of being deported.

These are tense times for people like Daisy's mother, a maid who arrived in the U.S. with her carpenter husband when she was two months pregnant with Daisy.

Daisy's parents are fearful of U.S. anti-immigrant sentiment, which for many Latin Americans is epitomized by an Arizona law taking effect in July that gives police the right to demand ID papers of anyone suspected of being in the country illegally.

The U.S. Department of Homeland Security has said it is not pursuing Daisy's parents. Immigration investigations, it said in a statement, "are based on making sure the law is followed and not on a question-and-answer discussion in a classroom."

THE ASSOCIATED PRESS

India **Economy improving**

RAFIQ MAQBOOL/THE ASSOCIATED PRESS

Indian labourers nap during a lunch break at a workshop in Mumbai yesterday. A rebound in manufacturing and recovering farm output drove India's quarterly economic growth to 8.6 per cent, the best in two years.

Pope appoints panel over abuse

VATICAN Pope Benedict XVI yesterday appointed nine prelates, including the archbishops of Boston and New York, to investigate child abuse in Ireland's Catholic institutions.

The pope urged the Irish church to support the investigation, saying it could be a chance for hope and renewal. In a March letter, Benedict had promised an investigation that addressed decades of coverups by the church.

THE ASSOCIATED PRESS

China raises earthquake death toll to nearly 2,700

BEIJING The death toll from a devastating April earthquake that struck a remote Tibetan region in western China has risen to 2,698, officials said yesterday.

Another 270 people remained missing after the April 14 earthquake that flattened tens of thousands of houses in Yushu county, the official Xinhua News Agency cited Qinghai Vice Governor Zhang Guangrong as telling reporters.

The new figure is a jump from the previously reported toll, which stood at a little over 2,200 in late April, with 12,000 injured.

China poured millions of dollars for relief efforts and deployed thousands of workers into the region after the quake struck.

Sitting at around 4,000 metres, the area's remote location posed logistical difficulties.

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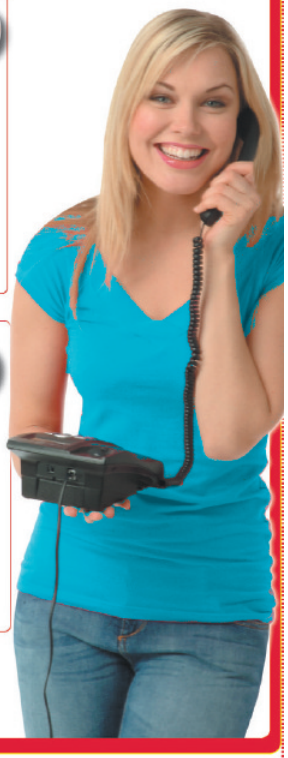

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Woman blames Google Maps for car accident

A Utah woman is suing Google, claiming its maps function gave her walking directions that led her onto a major highway, where she was struck by a car. The lawsuit seeks more than $100,000 in damages. **TORSTAR NEWS SERVICE**

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

The iPad's competition?

Taiwan's AsusTek Computer Inc. unveiled yesterday a portable tablet computer that runs on Microsoft's Windows 7 operating system, joining a slew of manufacturers trying to tap demand for the sleek devices following Apple's launch of the iPad.

AsusTek is among several Taiwanese computer makers to display tablet PCs at the five-day Computex Show in Taipei that opens today.

Acer Inc., the world's second largest PC vendor, unveiled last week a seven-inch touchscreen tablet that like many other coming models runs on Android, the operating system that Google is distributing for free for mobile devices.

AsusTek's touchscreen tablet, with the name of Eee Pad, comes in 10- and 12-inch sizes and is set to go on sale in the first quarter of 2011.

CHIANG YING-YING/THE ASSOCIATED PRESS

Makers hope the AsusTek Eee Tablet computer will provide a challenge to Apple's iPad.

In addition to full Windows support, company chairman Jonney Shih said Eee Pad is equipped with a web camera and runs Flash by Adobe Systems which will allow users to view YouTube and other video programs on the Internet.

The 10-inch Eee Pad will sell for $399 to $449 US. No price tag was given for the 12-inch model. By contrast, Apple's iPads cost $499, $599 or $699 depending on the data storage capacity, but iPads use the HTML5 standard and its lack of Flash support has alienated some users.

AsusTek also unveiled an e-notepad that serves as both an electronic-reader and note-taking device with a built-in camera.

THE ASSOCIATED PRESS

Can the EU survive as the debt crisis drives its member nations apart?

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Soaring numbers in Q1 precede big rate decision

ECONOMY The Canadian economy was roaring in the first quarter, jumping ahead of even the rosy estimates of economists to post an oversized 6.1 per cent annualized advance during the first three months of 2010.

It was the largest quarterly expansion in more than a decade.

The number doubled what the U.S. economy managed to produce and bettered the consensus forecast for a 5.8 per cent increase.

As significant was that output in March, the last month of the quarter, advanced 0.6 per cent from February, giving the economy a strong hand-off to the second quarter.

With the Bank of Canada scheduled to make a decision on interest rates this morning, the gross domestic product data was expected to add to the pressure on governor Mark Carney to move rates higher for the first time in about three years.

THE CANADIAN PRESS

Business in brief

STRIKE Jazz Air flight attendants have voted in favour of a strike to back negotiations for a new contract to improve their salaries and working conditions. The Canadian Flight Attendants Union said yesterday the cabin crew for the airline could go on strike, or be locked out, as early as June 16.

THE CANADIAN PRESS

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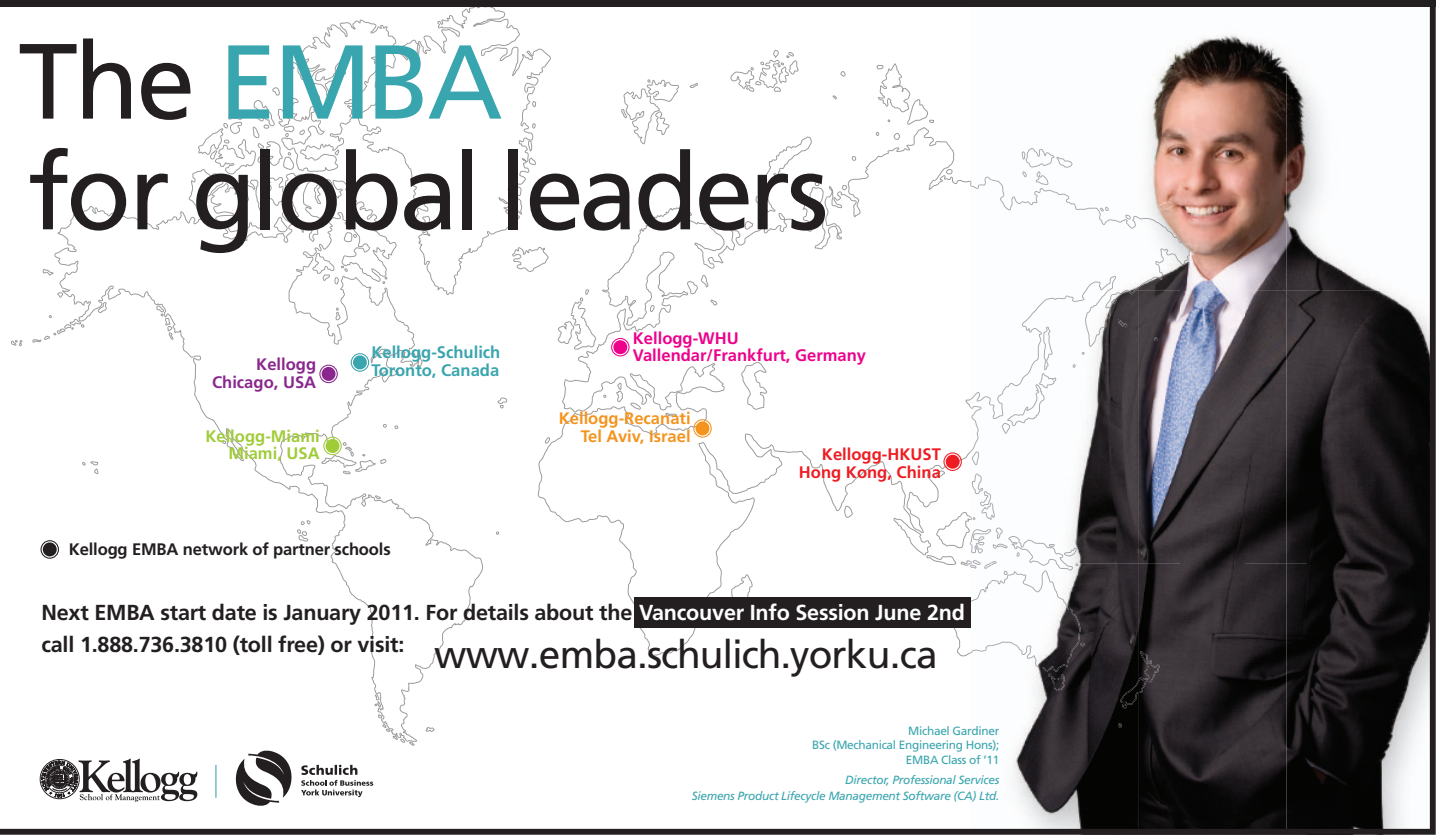

Next EMBA start date is January 2011. For details about the Vancouver Info Session June 2nd call 1.888.736.3810 (toll free) or visit: www.emba.schulich.yorku.ca

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Tips for dating on a dime this summer

AlisonOnMoney

Alison Griffiths

metronews.ca/alisononmoney

Summer is the best time to ramp up your social life. Why? Because the now accessible great outdoors allows you to date on a dime without feeling guilty about being a tightwad.

A romantic candlelight dinner with cocktails and wine in the city can easily set you back $200.

But the romance factor increases logarithmically when you set the table yourself under the stars. Cold roasted chicken, veggies and dip, a french bread stick and a bottle of wine tastes like it cost a million bucks with the constellations overhead.

Here are a few date-on-a-dime picnic tips:

- Scout your location first. Spreading your blanket on the grass is lovely but not everyone's knees and rump are made for an evening on the ground. Many parks have picnic tables but also look for cover in case of rain.
- If you are pressed for time buy a grocery store roasted chicken and cut it up, the cost isn't much different than cooking a bird from scratch. But do the veggies yourself the night before and wrap them in plastic to keep them fresh. Make a cheap and healthy dip with low fat sour cream, soft cream cheese, a spoonful of canned onion soup (get lots of the onions), a pinch of dill and chopped fresh or bottled garlic.
- Buy plastic plates and glasses rather than disposable. Great sets are available everywhere now at a very inexpensive cost and you can reuse them for years.
- Candles with lids are also a good purchase. They'll last through many dinners and withstand a bit of wind. Another option is a collapsible or telescoping camping lantern with either candle or battery LED light.
- Bug spray isn't the most romantic scent but scratching and swatting can get in the way of cuddling. Bring a couple of light-weight blankets instead.
- An inexpensive wine for outdoor dining is rosé — not the nasty, sweet swill of years ago but the new, drier versions that taste of summer. And they're nicer than white when they warm up.

ALISON'S MONEY RULE

Feeling the budget pinch doesn't have to crimp your social life. Learn to date on a dime.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at griffiths.alison@gmail.com.

Rent or own: Which is better?

MoneyMatters

Henry Choo Chong

metronews.ca/moneymatters

Q My investments have been limited to Guaranteed Investment Certificates (GICs). Now I want to broaden my portfolio. Also, would I be better off buying a home or continue renting?

— Jean-Pierre

A GIC's offer low returns but your principal is secure. High returns do not come without risk. If you do not have the stomach for volatility and the peaks and valleys of the stock markets, then financial instruments may not be the place for you.

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- It builds equity and wealth over the long term.
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- Payments go towards paying off mortgage.

Benefits of renting:

- Money that would go toward paying property taxes, condo fees, etc. can be invested.
- Wealth grows faster. Historically, stocks yield higher returns than real estate.

Henry Choo Chong, CGA, can be reached at choochonghcga@yahoo.ca

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De Rosario named player of the week

Toronto FC star Dwayne De Rosario has been voted Major League Soccer's player of the week for the second time this season, earning the honour for a strong effort in his team's weekend win over San Jose. The 32-year-old came off the bench to score twice in the second half of the game on Saturday. THE CANADIAN PRESS

Sports

Adidas defends World Cup ball

Adidas has hit back at criticism that the World Cup ball is difficult to control and a nightmare for goalkeepers by saying it was widely tested and approved long ago. Company spokesman Thomas van Schaik said yesterday he was surprised to hear the criticisms, made by top goalkeepers such as Spain's Iker Casillas and Brazil's Julio Cesar, because the balls had been used for months without any complaints. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

Sports in brief

BASEBALL Here's a chance to buy tickets to a guaranteed perfect game — the one Roy Halladay already threw. The Florida Marlins will begin selling today unused tickets to the game in which the Philadelphia Phillies ace pitched the 20th perfect game in major league history, a 1-0 victory over the Marlins on Saturday.

BASEBALL Toronto Blue Jays pitcher Brandon Morrow has the stuff to overpower and dominate, which is exactly what he did last night in a 3-2 victory over the Tampa Bay Rays. Morrow took a no-hitter into the sixth, allowed just a run on three hits and two walks over seven innings.

METRO NEWS SERVICES

Australian Stosur pulls off upset of Henin

TENNIS Needing one point for an upset win over Justine Henin at the French Open, Sam Stosur wavered, hitting a double-fault.

The Australian took a deep breath and tried again. This time she launched a confident serve into the corner, setting her up for an overhead slam to seal the biggest victory of her career.

Stosur sidelined Henin 2-6, 6-1, 6-4 in the fourth round yesterday, ending the four-time French Open champion's streak of 24 consecutive victories at Roland Garros. Stosur's opponent in the quarter-finals will be top-ranked Serena Williams, who beat Shahar Peer 6-2, 6-2.

"Obviously beating Justine is going to give me lot and lots of confidence," said Stosur, seeded No. 7. "It's a great achievement for me, but it's not over yet. I'm just in the quarters and going to play the No. 1 player in the world next."

Past play

- Serena Williams owns a 3-1 record against Sam Stosur, including a victory at January's Australian Open.

Another four-time champion, Rafael Nadal, advanced by beating No. 24-seeded Thomaz Bellucci 6-2, 7-5, 6-4. Nadal, who lost in the fourth round in 2009, has yet to drop a set this year and will next play fellow Spaniard Nicolas Almagro, seeded 19th.

No. 3-seeded Novak Djokovic eliminated the last American in the men's draw, beating Robby Ginepri 6-4, 2-6, 6-1, 6-2.

No. 4 Jelena Jankovic and unseeded Yaroslava Shvedova won in straight sets and will meet in the quarter-finals.

THE ASSOCIATED PRESS

NAM Y. HUH/THE ASSOCIATED PRESS

Philadelphia Flyer Daniel Carcillo butts heads with Chicago Blackhawk Tomas Kopecky as they confront each other last night.

Hawks take command

(Chicago leads series 2-0)

Flyers 1 Blackhawks 2

VS

Marian Hossa and Ben Eager scored 28 seconds apart late in the second period and Antti Niemi had 32 saves as the Chicago Blackhawks beat the Philadelphia Flyers 2-1 last night for a 2-0 lead in the Stanley Cup final.

After a wild scoring display when Chicago won the opener 6-5, Game 2 featured tightened-up defences with goalies Niemi and Michael Leighton of the Flyers stepping up.

Then the Blackhawks struck quickly, not once but twice, to send the United Center into a frenzy. Chicago has won seven straight playoff games and 10 of 11 to move within two victories of its first Stanley Cup since 1961.

The Flyers, who are in the final because of their ability to come from behind as they did in erasing a 3-0 deficit against Boston, got right back in the game when Simon Gagne scored as a power play was about to elapse at 5:20 of the final period. But Niemi fought off a late flurry — 14 of his saves came in the final period when Philadelphia had a 15-4 shots advantage.

"Antti's been great all year and all playoffs and he really held us in there at the end," said Eager.

Games 3 and 4 will be played in Philadelphia tomorrow and Friday.

"They're playing well at home," said Blackhawks coach Joel Quenneville. "I think we have to go back to what made us so effective on road trips in the Vancouver and San Jose series and look to check our way into a very competitive type of team." THE ASSOCIATED PRESS

SCOREBOARD

BASEBALL

YESTERDAY'S AL RESULTS

Toronto 3 Tampa Bay 2
L.A. Angels 7 Kansas City 1
N.Y. Yankees 11 Cleveland 2
Oakland 4 Detroit 1
Minnesota 5 Seattle 4

YESTERDAY'S NL RESULTS

Atlanta 9 Philadelphia 3
Colorado 4 San Francisco 0
Florida 13 Milwaukee 5
Pittsburgh 2 Chicago Cubs 1
St. Louis 12 Cincinnati 4
Washington 14 Houston 4
L.A. Dodgers 5 Arizona 4
San Diego 18 N.Y. Mets 6

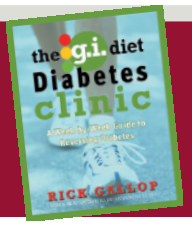
NHL PLAYOFFS

YESTERDAY'S RESULTS

Chicago 2 Philadelphia 1 (Chicago leads series 2-0)

A toast to SATC
Are you a Carrie, Samantha, Charlotte or Miranda? Now you can identify with the characters of Sex And The City with a new martini glass set personalized with each character's name ($39.99 USD plus shipping). Available online at hbo.com/store. METRO NEWS SERVICES

Food



A guide for Type 2 diabetes

With the number of cases of Type 2 diabetes increasing at an alarming rate in Canada and North America, it's crucial to control weight and blood sugar levels to deal with the disease, says Rick Gallop, author of a new cookbook on the subject. His newest book, The G.I. Diabetes Clinic (Random House of Canada, $24.95 paper), addresses the dietary requirements of those battling Type 2 and pre-diabetes. It is based on a 13-week online e-clinic he conducted with volunteers. THE CANADIAN PRESS

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Fancy no-bake cake

Strawberry Margarita Cake
MAKES 10 SERVINGS

INGREDIENTS:
- 15 ml (1 Tbsp) unflavoured gelatin (7 g envelope)
- 1 can (250 ml) frozen concentrated margarita mixer, thawed and undiluted
- 500 ml (2 cups) sliced locally grown strawberries
- 1 pkg of 6 cake dessert shells (142 g/5 oz)
- 30 to 45 ml (2 to 3 tbsp) orange-flavoured liqueur, rum, tequila or orange juice
- 250 ml (1 cup) whipping cream
- 45 ml (3 tbsp) granulated sugar
- 5 ml (1 tsp) vanilla

Topping
- 500 ml (2 cups) sliced strawberries

METHOD:

In a very small saucepan, sprinkle gelatin over 50 ml (1/4 cup) cold water; let stand for 2 minutes. Heat over low heat, stirring constantly, until dissolved, about 1 minute. Let cool.

Meanwhile, puree undiluted margarita mixer with strawberries until smooth. Pour into a large bowl. Stir in gelatin mixture. Refrigerate, stirring occasionally, until starting to thicken. Start checking at 30 minutes; it should not be so thick that you can't fold in whipped cream.

Trim rim from shells to make flat cakes, reserving rims. Place shells in 20- to 23-cm (8- to 9-inch) springform pan, filling holes with rim bits. Press to make even layer. Brush with orange liqueur.

Strawberry Margarita Cake.

In a bowl, whip cream with sugar and vanilla until peaks form when beaters are lifted. Stir one-third into thickened strawberry mixture. Fold in remaining whipped cream. Pour onto cake; tap pan on counter to remove any air bubbles. Refrigerate for at least 4 hours but preferably overnight.

Serve cake topped with berries. THE CANADIAN PRESS

Vino to go with your grill

LiquidAssets

Though the cavemen developed lots of useful things (the wheel, fire, the pointed stick), it's possible their most important offering to modern man was the invention of the first barbecue. Okay, so while what I call barbecue was more like survival to them, their original appreciation of a nicely grilled slab of beef still resonates all the way up to my back deck.

When picking a wine match, keep things balanced, fruit forward and not too expensive. There's no reason to spend a bundle on a bottle of vino — especially if you're into wild and expressive sauce and marinades. (Both of which can wreak havoc on a liquid partner).

In South America, where they grill breakfast, lunch and dinner, Argentina is the barbecue champ. True as that may be, I think there's a convincing case for Chilean reds.

The **Carmen 2007 Cabernet Sauvignon** ($10.95 - $13.99) takes the classic grill grape and massages it into a rich, black berry-infused charmer.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

ADVERTISING FEATURE

Real Ice Cream, Real Taste

"Life would be easier if we made cans of peas!" laughs Penny Chapman. Penny is President and co-owner of Chapman's Ice Cream, with her husband, David. Every day she samples ice cream produced at their Markdale, Ontario manufacturing plant. And every day she reads emails and takes phone calls from customers across Canada, ensuring the ice cream tastes as good to them as it does to her.

Customer feedback means everything to Chapman's. When the company was founded, nearly 40 years ago, people didn't expect to see local brands of ice cream for sale. Penny and David made their mark by showing consumers what buying local could really mean. "We brought out 22 flavours when most companies had four," Penny remembers. "We made ice cream that a family could afford. We listened to consumers, and so we grew and grew."

For recipes and more info on 100% Canadian milk, go to metronews.ca/canadianmilk

Chapman's tapped into a burgeoning movement—a new desire among Canadians for dairy products made from 100% Canadian milk, renowned for its high quality, purity and great taste. "Consumers want honesty," Penny says. "They want to know what they're buying, and if given the opportunity to do so, they'll usually buy Canadian. But not everyone knows what to look for. A company importing ingredients from other countries won't advertise it. A company making products from vegetable oil instead of butter fat won't want consumers to notice. Chapman's uses entirely Canadian dairy products to make our ice cream, and that's why our packaging has the 100% Canadian Milk symbol clearly displayed."

For Penny and David Chapman, that symbol means their customers get what they pay for. And they're paying for more than a food product. "Ice cream makes memories," says Penny. "You buy it for birthday parties, anniversaries—even in tough times, it's a treat you can afford. We're proud to bring such fun into peoples' lives. You can't do that with a can of peas."

100% CANADIAN MILK

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Look for this symbol on your dairy products.

asourceofpride.ca

Kraft aims to help raise funds for food banks

More than 800,000 Canadians were helped by food banks last year. To honour Hunger Awareness Day Kraft Canada will match donations made to Canadian food banks starting today until June 11. For more info go to foodbankscanada.ca. METRO NEWS SERVICES

Health & Beauty

Tabata brings back the intensity

Program was developed to train Japanese Olympic speedskaters

CELIA MILNE
for Metro Canada

No pain, no gain. That's the basic premise of a new exercise method lunging its way into the mainstream. Tabata is a type of high-intensity interval training that only takes four minutes. It's tough, but after it's over, your body continues to burn calories.

"I'm excited about it. It helps melt the butter," says Jane Clapp, head trainer and founder of Urbanfitt, who brought Tabata to her fitness studio in January.

Tabata and other interval training methods are rendering steady state cardio workouts — such as going for a long, slow run — passé.

"You see people on the elliptical machine for 30 minutes reading a magazine. That drives me crazy," says Clapp. "If you can read a magazine while working out, you are not working hard enough. That will not help you see results and you won't be present in your body. You also won't get the post-workout calorie burn."

The Tabata Protocol is named after Dr. Izumi Tabata, a former researcher at Japan's National Institute of Fitness and Sports in Kanova. It was first used to train Japanese Olympic speedskaters. The idea is to do an exercise all-out for 20 seconds, then rest for 10 seconds, and repeat this process over and over again for four minutes.

From left to right: The first two moves for the Tabata squat, and a demonstration of the Tabata lunge.

"If you can read a magazine while working out, you are not working hard enough. That will not help you see results and you won't be present in your body."
Jane Clapp, founder of Urbanfitt

The exercises can be almost anything that uses the whole body — think of old-school calisthenics — burpies, mountain climbers, jumping jacks, hop lunges, push-ups, squats, even skipping.

"You are forcing the body to adapt again and again, versus using the treadmill for 30 minutes where there is only one adaptation phase," explains Clapp.

You're also recruiting large muscle fibres that otherwise sit idle, and making them work hard, Clapp says.

The results? You burn a lot of fat and sugar, and feel pumped afterwards.

"It helps people get their mojo back," says Clapp. "You get blissed-out after — there's a huge endorphin rush."

A study in the Journal of Physiology found that one and a half hours of high-intensity interval training per week was just as beneficial as four and a half hours a week of traditional, steady-state exercise.

A typical class at Urbanfitt might be four minutes of Tabata, some resistance training, another Tabata set, more resistance training, a third Tabata set and then a third set of resistance training. Many of Clapp's clients are working moms who have little time and lots of weight to lose. They love Tabata's efficiency. "I like that it stokes the furnace in people," she says.

3 ways to do lifts at home

CELIA MILNE
for Metro Canada

If all this talk of lifting weights has you intimidated, you can start doing some simple lifts at home.

According to Harvard University's HealthBEAT, lifting weights improves muscle strength, bone density, and balance. It can also help you control your weight and aid your body in sopping up sugar in the blood to fend off diabetes.

Here are three exercises you can do at home using a chair that has armrests.

1 **SEATED BRIDGE:** Sit slightly forward in the chair with your hands on the armrests. Slowly raise your bum off the chair until you're almost standing. Slowly sit back down.

2 **TRICEPS DIP:** Put your chair against a wall. Sit in the chair and put your feet together flat on the floor. Put your hands on the armrests of the chair. Lift yourself up a few inches by straightening out your arms. Slowly let yourself back down.

3 **STANDING CALF RAISE:** Stand behind the chair and hold onto the back of it. Raise yourself up on tiptoe, then lower yourself back down.

For each of these exercises, do eight to 12 repetitions. Rest and repeat the set.

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Study links miscarriages to antidepressant use
A new study suggests taking antidepressants during pregnancy may increase the risk of miscarriage. The study of more than 5,100 pregnant women in Quebec found taking antidepressants in the first trimester increased the overall risk of miscarriage by 68 per cent. THE CANADIAN PRESS

How to be the best single person you can

Advice books focus on finding the right relationship

There are a gazillion books aimed at helping couples get their relationship in shape. And, it seems there's a gazillion more to help single people meet someone to have a relationship with (so they can then eventually buy the first gazillion books when said relationship eventually goes to pot).

But it seems to me there are very few books focused on how to be the best single person you can be. Which is too bad, because we all know that the only way to find a relationship is to be the best you can be when you're in your best shape as a single person.

And when I say "in shape," I'm not talking endless squats and a high-fibre diet (though getting in physical shape and feeling healthy does help you feel good about yourself). I mean getting in shape emotionally and mentally.

This can be tough in a society that acknowledges every stage of coupledom — anniversaries, moving in together, marriages, kids — but rarely celebrates the joys or marks the milestones of single life.

FLICKR: JUYVANN

Enjoying a nice candlelit dinner at home is a great way to get your single life in better shape.

A study that came out a few years back said that, today, most typical urban-dwellers cohabited an average of nearly four years and were married about 18. The rest of the time — an average of about 19 years — they were dating or alone, with no steady companion.

Given we spend as much of our lives being single as we do partnered, surely being single deserves a little more respect. So, while it's hardly a match for all the advice out there on how to get your relationship in shape, here's my advice for getting your single life in shape:

- Enjoy a Saturday night at home alone with a movie and a glass of wine without feeling like a loser.
- Host Christmas in your own place with your own friends.
- Relish the fact that you get the whole bed to yourself.
- Enjoy a solo candlelit dinner at home.
- Treat yourself to dinner at a fancy restaurant.
- Travel on your own. You always meet more people this way.
- Enjoy the fact that you can make plans without having to consult anyone but yourself.
- Remind yourself that you get to be the "cool" aunt to your nieces and nephews without having to foot their college tuition.
- Stay out all night without having to check in.
- Realize that you're just as imperfect at being single as most people are at being in relationships.
- Remind yourself that most married people have just as many moments where they feel like they wished they were single again as you wish you were in a relationship.
- Know that you're happier on your own than in a mediocre relationship.

If you do want to date and are feeling out of shape, check out some Spring Training Dating Tips in Josey's Sexcetera Blog at metronews.ca.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Follow Metro Heath & Beauty on Twitter for all things beautiful & healthy: @metrohb

High intensity exercise has more benefits: Study

PROGRAMS Here's more evidence that higher intensity is better in exercise. In a recent study, exercise physiologist Gordon Bell from the University of Alberta recruited 128 physically inactive but healthy men and women between the ages of 27 and 65. He divided them into two groups: one group walked and the other did a traditional aerobic fitness program.

After six months, those in the fitness program enjoyed greater health benefits than those who merely walked.

The fitness program had greater benefits in terms of blood pressure and peak oxygen intake — a way of testing breathing to see if the body has adapted well to the stress of exercising. Bell said that a walking program is still a healthy thing to do, and more effective in one way — people are more likely to stick with it.

CELIA MILNE/FOR METRO CANADA

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Taylor opposes Campbell testimony

Defence lawyers for former Liberian President Charles Taylor are opposing a request by prosecutors at his war crimes trial to call Naomi Campbell as a witness, branding the move "a publicity stunt." Prosecutors claim Taylor gave the supermodel blood diamonds in 1997. THE ASSOCIATED PRESS

Entertainment

Hobbit on hold

Director Guillermo del Toro says production delays have forced him to quit the planned film version of J.R.R. Tolkien's The Hobbit. He was slated to direct a two-part prequel to the Lord of the Rings. THE ASSOCIATED PRESS

EDITOR: DEAN.LISK@METRONEWS.CA

DVD picks

Alice In Wonderland

Director: Tim Burton

THE CURIOUSER AND curiouser thing about Tim Burton's Alice in Wonderland is how he actually manages to find new wonderment in this oft-told tale.

Burton assigns order and drama to Lewis Carroll's 1865 dream fantasy, which suffers from lack of momentum in its traditional telling.

The narrative now has a real arc, complete with prologue and epilogue, that gives meaning to Alice's adventures and also gives her a greater hand in her own destiny.

Newcomer Mia Wasikowska, who resembles a young Mia Farrow or Gwyneth Paltrow, nimbly enlivens the role of Alice, balancing innocence with bravery and intelligence. The Mad Hatter plays a much larger role in Burton's production, which is to be expected since he's assigned to Johnny Depp, Burton's grandest muse. Depp's Hatter is more of a catalyst to action, and a commenter upon it, than he is a major definer of it — which is not to say that Depp doesn't bring some genuine kooky charm to the role.

Some may quibble at the liberties taken, including a terrifying subplot about a dragon that needs slaying, expanded from Carroll's whimsy poem Jabberwocky. But a straight retelling of the original would be to much of a muchness.

This new Alice In Wonderland, is, in a word, frabjous. That's a Carrollian term Wikipedia defines as "possibly a blend of fair, fabulous and joyous." I couldn't have muttered a better utterance.

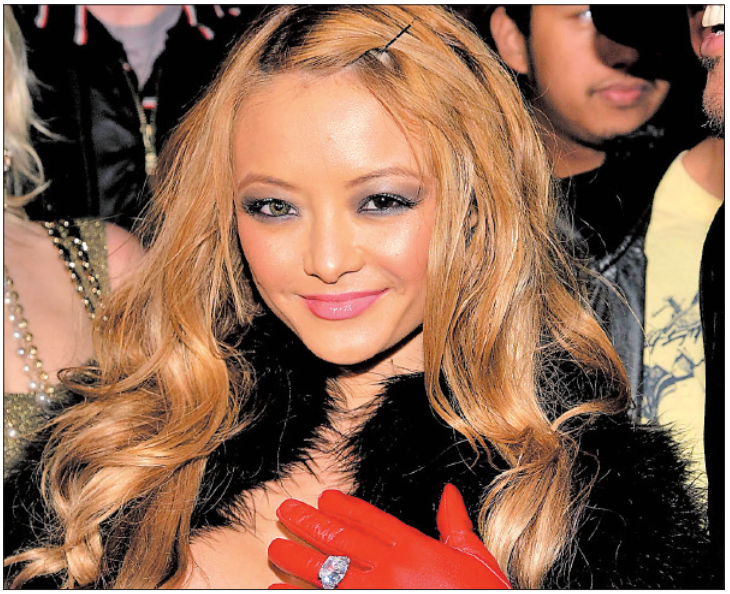
Peter Howell/for Metro Canada

Much fewer videos

TheAudioFiles

Bryan Borzykowski

metronews.ca/music



MuchMusic is moving away from music videos in favour of broadcasting more reality TV programs such as A Shot At Love with Tila Tequila.

Like millions of Canadians who grew up in the '80s and '90s, I learned a lot about this country's diverse music scene by watching MuchMusic.

I still remember the first time I saw Our Lady Peace's Naveed, and the moment I discovered Sloan through the hilarious wedding-themed video for Everything You've Done Wrong. It was an important channel growing up and, again, like a lot of Canucks, I've been saddened by its move away from music videos to vapid reality TV programs, like A Shot At Love with Tila Tequila.

But despite MuchMusic's love of American programming, the network — currently owned by CTV-globemedia — continues to help fund Canadian-made music videos via MuchFACT (previously VideoFACT). That could soon change. CTV has asked the CRTC to reduce its financial commitment to MuchFACT from seven per cent of its revenue to 3.5 per cent.

Some people will see this as yet another sign that MuchMusic does not want to play videos. Let them strip the station of every single music video if that's what they want. Because it has dutifully promoted Canadian culture for three decades, it's easy to forget MuchMusic is not the CBC. It's purpose is to make money and the reality is that if MuchMusic devoted as much time to playing music videos today as it did 15 years ago, it could be in trouble.

Nowadays, more and more people are discovering music videos online. While I have fond memories of the station, its original purpose is being rendered irrelevant. (If you really like watching videos on TV, tune into AUX TV.)

What concerns me most about CTV's CRTC application is that artists will potentially have fewer opportunities to get videos funded. Beverly McKee, MuchFACTs executive director, admits that if the cut happens, and her organization doesn't make any adjustments, there will be less money to go around. However, because MuchFACT's funding is based on a percentage of the station's revenues, if the station makes more money because of the programming change, MuchFACT could benefit.

There are still other places musicians can get money. FACTOR, for instance, is a government-funded organization that helps artists pay for demos, albums and touring, and offers artists up to $20,000 to make music videos. Other local and regional bodies provide marketing or video-specific funding.

Whatever happens, music videos will be around forever; bands will find ways to make them. Relying on a television station to help Canadian artists — and fans learn about new music — is becoming a thing of the past.

And that's fine with me. I said goodbye to MuchMusic a long time ago.

Bryan Borzykowski is a business and entertainment writer. Follow Metro Music on Twitter @TheMetroMusic

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Italy comes to the Drive!
Sunday, June 6, 2010

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www.thedrive.ca/italian-day-2010.shtm

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JASON REDMOND/AP PHOTO

Fans wait in line during a public memorial service for heavy metal singer Ronnie James Dio at Forest Lawn Memorial Park in Los Angeles Sunday. Dio died of stomach cancer on May 16.

Fans pay tribute to Dio

A huge funeral for fiery frontman Ronnie James Dio in Los Angeles was more akin to a spirited rock concert than a dreary funeral.

With chants of "Dio, Dio, Dio," headbangers were loud and proud Sunday as they paid tribute to the late metal legend.

Dio – a vocalist from such bands as Elf, Rainbow, Black Sabbath and the self-titled Dio – died from stomach cancer on May 16 at age 67.

More than 1,200 fans commemorated Dio inside Forest Lawn Memorial Park's Hall of Liberty and hundreds more gathered in the heat outside to watch monitors of the proceedings.

"I know that Ronnie truly loved all of you. He had a great appreciation for your loyalty. I'm talking about you out there, all the fans."
Elf bandmate David Feinstein

The ceremony included performances by some of Dio's rocker friends, including Glenn Hughes of Deep Purple, and Geoff Tate of Queensryche.

Dio revealed last summer that he was suffering from stomach cancer shortly after wrapping up a tour in Atlantic City, N.J., with the latest incarnation of Black Sabbath under the name Heaven and Hell.

"He touched all of us with his music and his message and his magic," said David Feinstein, Dio's cousin and Elf bandmate.

"I know that Ronnie truly loved all of you. He had a great appreciation for your loyalty. I'm talking about all you out there, all the fans."

THE ASSOCIATED PRESS

May 29, June 1, 3, 5, 8, 10, 2010
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VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 6/1/10	251	308	3 CBC	22 Minutes	Laughs	TBA	TBA	TBA	TBA	CBC News: The National		The Hour
	254	-	8 OMNI	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		Omni News: Punjabi Edition		Law & Order: Criminal Intent		News
	250	321	9 CTV	etalk (CC)	Access H.	Flashpoint (CC) (DVS)		Criminal Minds "Reckoner"		Law & Order: SVU		CTV News
	-	-	10 JOY	Frasier (CC)	The Insider	Islam 101 (CC)		P3	Diya (CC)	20/20 "Superhumans" (N)		New Day
	252	336	11 GTV	Entertainment	ET Canada	NCIS "Jet Lag" (CC)		(8:59) Glee "Funk" (N) (CC)		The Good Wife "Pilot" (CC)		News
	256	389	12 VI	Canada's Worst Driver (CC)		Raising the Bar (CC)		The Transporter ★★ (2002) Jason Statham, Shu Qi. (CC)				A News (N)
	253	359	13 CITY	Hell's Kitchen (PA) (CC)		America's Got Talent Auditions begin in Los Angeles. (CC)				Enthusiasm	Curb-Enthsm	EP Daily
	-	-	14 CW	The Office	The Office	90210 (CC)		Life Unexpected "Pilot"		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	NCIS "Jet Lag" (CC)		NCIS: Los Angeles "Missing"		The Good Wife "Pilot" (CC)		KIRO 7 News
	287	379	16 NBC	Evening Mag.	Inside Edition	America's Got Talent Auditions begin in Los Angeles. (CC)				Losing It With Jillian (CC)		KING 5 News
	602	568	19 W	Kim	How Clean	Style by Jury	Beauty Call	Beauty Call	Style by Jury	Love and Murder ★★ (2000) Victor Garber		
	288	380	21 ABC	Wheel Fortune	Jeopardy! (N)	Wipeout Couples tackle the obstacle course. (N) (CC)				20/20 "Superhumans" (N)		KOMO 4 News
	-	-	23 KVOS	M*A*S*H	M*A*S*H	Captain Corelli's Mandolin ★★ (2001, Drama) Nicolas Cage, Penélope Cruz.					King	Cold Case
	291	383	27 PBS	Civil War Pledge Event: The Universe of Battle (CC)				Diane Warren: Love Songs (CC)				Yanofsky
	290	382	28 FOX	Two/Half Men	Two/Half Men	Hell's Kitchen (PA) (CC)		(8:59) Glee "Funk" (N) (CC)		Q13 FOX News at Ten (N)		Family Guy
	-	364	43 PBS	Frontline "Growing Up Online"		Foot in Grave	After You	Tavis Smiley	Charlie Rose (N) (CC)		You Be the Chemist	
	296	654	34 SBK	Frasier (CC)	Frasier (CC)	The Office	Name Is Earl	South Park	Half & Half	Paid Program	Street Court	Cold Case
	298	653	35 TLA	Two/Half Men	Two/Half Men	90210 (CC)		Life Unexpected "Pilot"		KTLA 5 News at 10 (N) (CC)		Friends (CC)
	295	651	36 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Friends (CC)	Friends (CC)	Maury (CC)	
	297	652	37 WPX	PIX News at Ten (N) (CC)		Two/Half Men	Friends (CC)	Friends (CC)	According-Jim	Family Guy	South Park	Scrubs (CC)
	199	311	76 STR	CTV News	NTV Latenight News		Late Show W/Letterman		Late Late Show/Ferguson		Inside Edition	Seinfeld
news	502	390	68 NW	CBC News: The National (N)		CBC News: The National (N)		CBC News: The National (N)		CBC News: the fifth estate		National
	500	500	69 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	Sportsnet Connected (Live)		Hockey	Saturday Night Poker		UFC: Access	Sportsnet Connected		Sportsnet
	400	400	60 TSN	SportsCentre (Live) (CC)			Off the Record	Boxing Arreola vs. Adamek & Angulo vs. Julio. (Taped) (CC)				SportsCentre
	411	457	49 OLN	UFO Hunters (CC)		Destination Truth (CC)		Operate-Repo	Operate-Repo	Ghost Hunters (CC)		UFO Hunters
	410	403	54 SCR	Euro Poker	Score Now	Score Now		Score Now		Score Now		Final Score
	417	406	65 SC	Race in 60 (N)		Monster Jam		Bullrun		Race in 60		NASCAR
	416	409	144 GLF	(6:00) Soccer		La Liga 360		Gol TV News	Hallo	Paid Program	Toronto FC Game In and Hour	
family	552	543	25 YTV	That's-Weird	Family Biz	Malcolm-Mid.	Hates Chris	Simple Rules	Family Biz	To Be Indie	Family Biz	Prank Patrol
	555	545	50 TEL	Johnny Test	Total Drama	Total Drama	6TEEN	Futurama	King of Hill	American Dad	Futurama	Chicken
	557	541	51 FAM	Sonny-Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Aaron Stone	That's-Raven
	553	546	53 TRE	Little Bear	Toopy	Max & Ruby	Dragon	Backyard	Ni Hao	Go, Diego, Go!	Franklin	Comfy Couch
cable variety	268	354	5 KNO	Frontiers of Construction		Myths and Heroes		Helvetica (2007) Michael Bierut. (CC)			Recreat. Eden	Saving Luna
	575	583	20 CMT	Home Imp.	Home Imp.	Meet-Wilsons	Meet-Wilsons	Amer. Funniest Home Videos		Reba (CC)	Reba (CC)	According-Jim
	570	580	24 MM	Degrassi	Video on Trial	UR11		I Was 17	I Was 17	Styl'd "He Said, She Said"		MuchMeg
	600	564	29 H&G	House	House	Holmes on Homes (CC)		Sarah's House	Genevieve	Design School (CC)		House
	615	520	31 A&E	Criminal Minds "Legacy"		CSI: Miami (CC)		(:01) Criminal Minds (CC)		(:01) Criminal Minds (CC)		Criminal
	628	584	32 SPKE	Deadliest Warrior		Deadliest Warrior		Real Vice Cops Uncut		CSI: Crime Scene Invstgtn.		Trek: Voyager
	521	560	33 TLC	The Little Couple (CC)		Happy Family	Happy Family	Happy Family	Happy Family	The Little Couple (CC)		Happy Family
	616	522	39 SHO	The Guard (CC)		A Sister's Secret (2009) Alexandra Paul, Cynthia Preston. (CC)				Californication	Diary-Call Girl	(:15) NCIS
	620	523	40 BVO	Spectacle: Elvis		Law & Order "Juvenile" (CC)		Without a Trace "Stolen"		Everything's Gone Green ★★★ (2006) (CC)		
	601	562	41 SLC	Wedding SOS	Wedding SOS	ET Canada	What	Housewives/OC		Housewives/NYC		Projct Runway
	520	505	42 DIS	Deadliest Catch (N) (CC)		Daily Planet (CC)		Destroyed	Destroyed	Deadliest Catch (CC)		How It's Made
	522	506	44 HIS	Ancient Weather (CC)		Cities of the Underworld		Pawn Stars	Pawn Stars	MysteryQuest (CC)		Weather
	627	528	45 SPC	Defying Gravity "Pilot"		Stargate SG-1 "Full Alert"		Doctor Who (CC)		The Listener (CC) (DVS)		Defy-Gravity
	294	650	47 TBS	The Office	The Office	Lopez Tonight (N)		Name Is Earl	Name Is Earl	Sex and-City	Sex and-City	Lopez Tonight
	619	525	48 TROP	Colin & Justin's Home Heist		Wife Swap (CC)		Wife Swap (CC)		Restaurant Makeover (CC)		Last 10
	603	561	52 FN	Chefs vs. City (CC)		Restaurant Makeover (CC)		Diner, Drive-In	Unwrapped	Dinner: Impossible (CC)		Chefs vs. City
	-	-	53 AMC	The Man in the Iron Mask		The Verdict ★★★ (1982) Paul Newman. A lawyer's career hinges on a controversial lawsuit.						Shootout
	626	547	57 COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Conchords	Awesome	Daily Show
	320	621	30 CEN	(6:15) Death Race ★★ (2008)		Cairo Time (2009) Patricia Clarkson. Premiere.			Traitor ★★★ (2008, Action) Don Cheadle, Guy Pearce. (CC)			
	581	566	101 MTV	The Hills	After	MTV Live	Sex News	The City	The City	The Hills	After	MTV Live
	261	394	102 V	Unscripted	Driven-Vision	Doc "I've Got a Secret" (CC)		Robin and the Seven Hoods ★★★ (1964) Frank Sinatra, Dean Martin. (CC)				
	-	-	105 MUL	Wang Gui	Immortal	Il Caffe		In Germany	Euromaxx	Schauplatz	Euro. Journal	Patrol World

critics'corner

Losing It With Jillian
"The Biggest Loser" trainer Jillian Michaels goes solo in this heartfelt new reality series, which drops the competitive element in favor of having her visit each week with an American family stuck in an unhealthy rut and looking to change. It's not a fitness show in the strictest sense, since diet and exercise are only two components of the life makeover Michaels and her team try to help these families attain. 10 PM on NBC

America's Got Talent
Viewers ultimately determine which performer deserves the $1 million prize, but Sharon Osbourne and Piers Morgan return as celebrity judges, joined on the panel by Howie Mandel. Nick Cannon hosts the summer variety hit, which features acts ranging from singers and dancers to jugglers and ventriloquists. So far, however, singers seem to have the best shot at reaching the winner's circle. 8 PM on CITY

Aiken demonstrates the passive-aggressive method of trying to get on Glee

While stars like Neil Patrick Harris and Molly Shannon have been lining up for guest spots on Glee, Clay Aiken claims he's not that interested. "I've never seen it," he tells Popeater. "My television is typically tuned to CNN." METRO NEWS SERVICES

Celebrity Buzz

Follow these celebrities on Twitter...

CelebTweets

LINDSAY LOHAN isn't partying like she used to, **BRETT RATNER** has a very specific wish list, **STEPHEN FRY** knows where the real party is, and **SARAH SILVERMAN** wants some answers.

@lindsaylohan i'm with 2 friends now, one just left & we're watching "the stranger beside me" w/tiffani-amber thiessen & eric close- it is NOT a PG film!

@BrettRatner Actors I want to work with: Ted Levine,F. Murray Abraham,Danny Huston,Gong Li, Mickey Rourke.

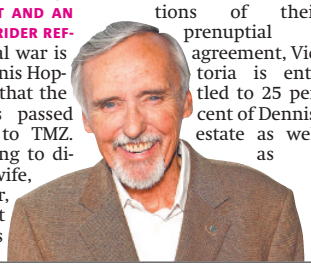
@stephenfry I shouldn't say so, but some of the most interesting people at this party are those crowded outside on the pavement smoking

@SarahKSilverman What's the plan with underwater cities? Are we getting them?

METRO NEWS SERVICES

Battle brewing over Hopper's estate

LET'S HOPE THERE'S A *SPEEDY* RESOLUTION. TOO SOON? (IT WAS BETWEEN THAT AND AN EQUALLY BAD EASY RIDER REFERENCE) A potential war is brewing over Dennis Hopper's estate, now that the iconic actor has passed away, according to TMZ. He had been trying to divorce his fifth wife, Victoria Hopper, since January, but the divorce was not finalized before his death. Under the conditions of their prenuptial agreement, Victoria is entitled to 25 percent of Dennis' estate as well as a $250,000 US life insurance payout if they were married and living together at the time of his death, according to the website. Dennis' lawyer plans to argue that since she was on the same property but staying in a separate house, she was not in fact living with him. "She said she would challenge it, and I fully expect her to do so." METRO WORLD NEWS



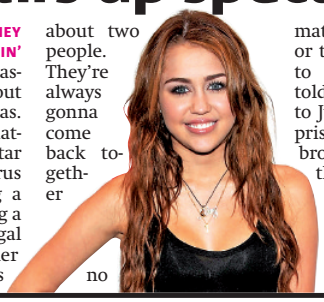
Gaga calls the ghostbusters

UNFORTUNATELY, THE MACHINERY WENT CRAZY WHEN IT GOT NEAR HER COSTUME RACK, STARTED SMOKING, AND MELTED INTO A VISCOUS GOO Lady Gaga is apparently so afraid of spirits from beyond the grave that she's spent more than $4,000 US on ghost-detecting equipment to sweep the backstage area at London's 02 Arena before she show there Sunday, according to the Mirror. Allegedly telling assistants she is terrified of "bad energy," Gaga instructed them to purchase the equipment from a local ghost-busting firm. METRO WORLD NEWS

Cyrus stirs up speculation

AND THE COGS IN THE DISNEY MACHINE KEEP A-SPINNIN' Miley Cyrus can't stop teasing fans with details about her past with Nick Jonas. Though she's happily dating her Last Song co-star Liam Hemsworth, Cyrus couldn't help dropping a reference to Jonas during a recent concert in Portugal while introducing her song, Full Circle. "It's about two people. They're always gonna come back together no matter what anyone says or the bad people that try to keep you apart," she told the crowd, according to JustJared. "Surprise surprise, it's about a Jonas brother — You didn't hear that."

METRO WORLD NEWS



Duchess disses Saudi prince

A MODEL OF INTERNATIONAL DIPLOMACY Disgraced royal Sarah Ferguson is in desperate need of money, but apparently she's not that desperate, as she turned down an offer of $4.3 million US from a Saudi prince, according to her biographer, Allan Starkie. "I introduced her to a member of the Saudi royal family who was willing to pay (her debt) off completely," Starkie tells Page Six. "I arranged for Sarah to visit him. He met her alone, clad in flowing robes and a lascivious grin. When he tried to kiss her, she fled home and quickly called me."

METRO WORLD NEWS

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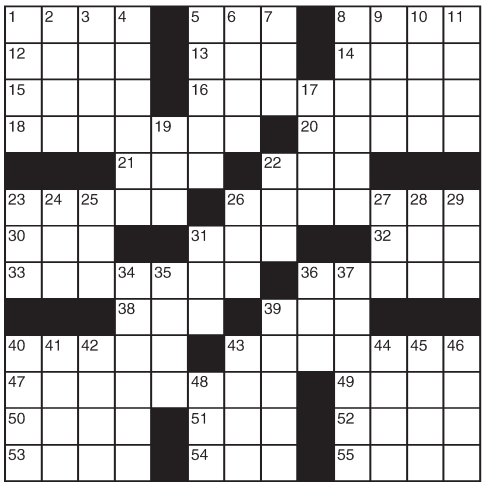
Take Five



Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	3		2			8		
7			1					5
		8		6	7			3
		9		1	4			7
6			3	2		9		
1			7	4		5		
3					6			2
		5			1		8	

ACROSS

1 Burn
5 Toward the stern
8 Untalkative sort
12 Corporate illustration
13 Society-page word
14 Traditional stories
15 Leave out
16 French officer
18 Polite
20 Dada artist Max
21 Conger, for one
22 Tibetan beast
23 Mettle
26 First book of the Bible
30 Melody
31 Dine
32 Sort
33 Sexes
36 Defile
38 Ram's mate
39 Hamburger holder
40 Bracelet site
43 Authentic
47 Not at all
stingy
49 Break suddenly
50 Source
51 Exist
52 Advantage
53 Initial chip
54 Same old same old
55 Amount of medicine

DOWN

1 Stop up
2 Base-runner's goal
3 Not "fer"
4 Putrid
5 Christmas tree topper, maybe
6 Sense
7 X on a sundial
8 "2001: A Space Odyssey" author
9 Forsaken
10 Weaponry
11 Encounter
17 College VIP
19 "A mouse!"
22 Still
23 Droop
24 Chart format
25 Coffee shop
vessel
26 Petrol
27 Part of RSVP
28 Under the weather
29 Firmament
31 Prior to
34 Take out of context?
35 Basin accessory
36 Baltimore newspaper
37 Still in the packaging
39 Under siege
40 Taj Mahal city
41 Night light?
42 Entanglement
43 Mentor
44 — -European
45 Run-down horses
46 Duel tool
48 Rowing need

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

C	A	R	T	■	I	C	H	■	H	U	L	A		
A	S	E	A	■	M	O	O	■	A	N	O	N		
S	T	A	R	■	P	O	R	R	I	D	G	E		
T	I	P	T	O	E	■	N	A	R	R	O	W		
■	■	■	A	N	N	A	■	P	D	A	■	■		
B	E	G	R	U	D	G	E	■	O	P	E	N		
B	R	A	■	S	E	R	A	C	■	E	R	E		
C	A	M	S	■	D	I	S	L	O	D	G	E		
■	■	E	T	A	■	P	I	U	S	■	■	■		
A	R	C	A	N	E	■	N	E	W	B	I	E		
C	O	O	L	I	D	G	E	■	A	R	A	B		
N	I	C	K	■	E	N	S	■	L	I	M	B		
E	L	K	S	■	N	U	S	■	D	E	B	S		

7	6	8	2	3	5	1	9	4
3	2	4	9	7	1	5	8	6
5	9	1	6	4	8	7	3	2
9	7	6	8	5	3	2	4	1
8	4	3	1	2	6	9	5	7
1	5	2	4	9	7	3	6	8
2	8	7	5	6	9	4	1	3
4	1	5	3	8	2	6	7	9
6	3	9	7	1	4	8	2	5

On the web

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Metro Recipe of the Day

Corn Country Croquettes

INGREDIENTS:

6 large hard-boiled eggs
284 ml can cream-style corn
1/3 cup all-purpose flour
1/2 tsp onion powder
1/4 tsp each salt and pepper
1/4 cup 1% milk
2 tbsp minced parsley
1 cup seasoned fine dry bread crumbs
2 large eggs, lightly beaten
2 tbsp canola oil

METHOD:

1. Halve eggs. Discard 3 yolks. Finely chop remaining yolks and all egg whites; set aside. In small pot, combine corn, flour, onion powder, salt and pepper. Stir in milk. Cook, stirring, 5 minutes or until thickened.
2. Pour mixture into large bowl. Stir in eggs and parsley. Cover and refrigerate 1 hour.
3. Preheat oven to 300°F (150°C). Spread bread crumbs on plate. In shallow bowl, place beaten eggs. Carefully drop about 1/4 cup chilled corn mixture onto crumbs. Shape into 1-cm-thick patty. Coat patty with bread crumbs, then with beaten eggs, and again with crumbs. Repeat for 8 patties.
4. In 25-cm skillet, heat 1 tbsp oil over moderately high heat. Add 4 patties and cook 8 minutes or until golden, turning frequently. Transfer to baking sheet, cover with foil, and place in oven to keep warm. Repeat with remaining oil and remaining patties.

SERVES 4

rd.ca
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Horoscopes by Sally Brompton

sallybrompton.com For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
No matter who you manage to shock or offend today no one will be able to deny that you are speaking the truth as you see it.

TAURUS ♉
APRIL 21-MAY 21
You'll be amazed by some of the ideas and images that dance through your head over the next 24 hours.

GEMINI ♊
MAY 22-JUNE 21
Chances are you will upset someone who represents all the things you dislike about the way the world is run. Someone has to rock the boat a little.

CANCER ♋
JUNE 22-JULY 22
Every fiber of your being is telling you to do something dramatic but, admit it, you're a little bit afraid. Have faith in your intuition.

LEO ♌
JULY 23-AUG 23
You may be in one of your more outrageous moods at the moment, but remember that if you strike too radical a pose you will have to live up to it.

VIRGO ♍
AUG 24-SEPT 22
You will learn something about yourself today, something you have conveniently managed to overlook for quite some time.

LIBRA ♎
SEPT 23-OCT 23
Someone you thought you knew everything about will turn out to be more unusual than you suspected. Try not to be too judgmental.

SCORPIO ♏
OCT 24-NOV 22
Even if you are the kind of Scorpio who only feels safe in familiar surroundings, you will be tempted by an exciting new offer.

SAGITTARIUS ♐
NOV 23-DEC 21
Don't waste time discussing what you intend to do with other people because they will only try to make you change your mind.

CAPRICORN ♑
DEC 22-JAN 20
Why is it so hard to accept that a loved one has ideas of their own? You don't have to agree on everything. Have you not heard that opposites attract?

AQUARIUS ♒
JAN 21-FEB 18
What happens tomorrow, and the day and the week and the month after that, depends on the decisions you make over the next few hours.

PISCES ♓
FEB 19-MARCH 20
Because you are sensitive by nature it comes as a surprise to some people when you act tough or refuse to back down.

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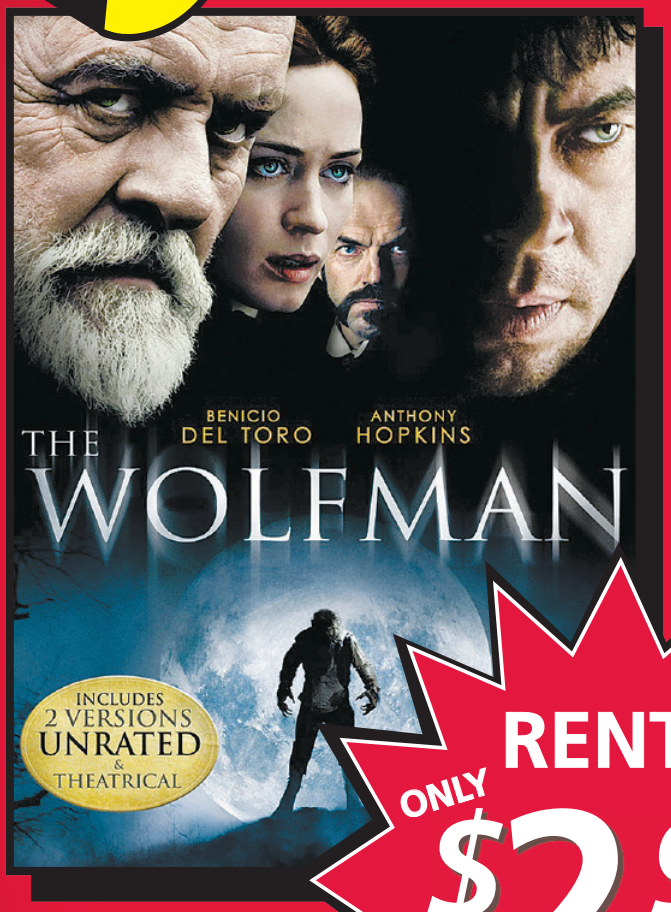

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